

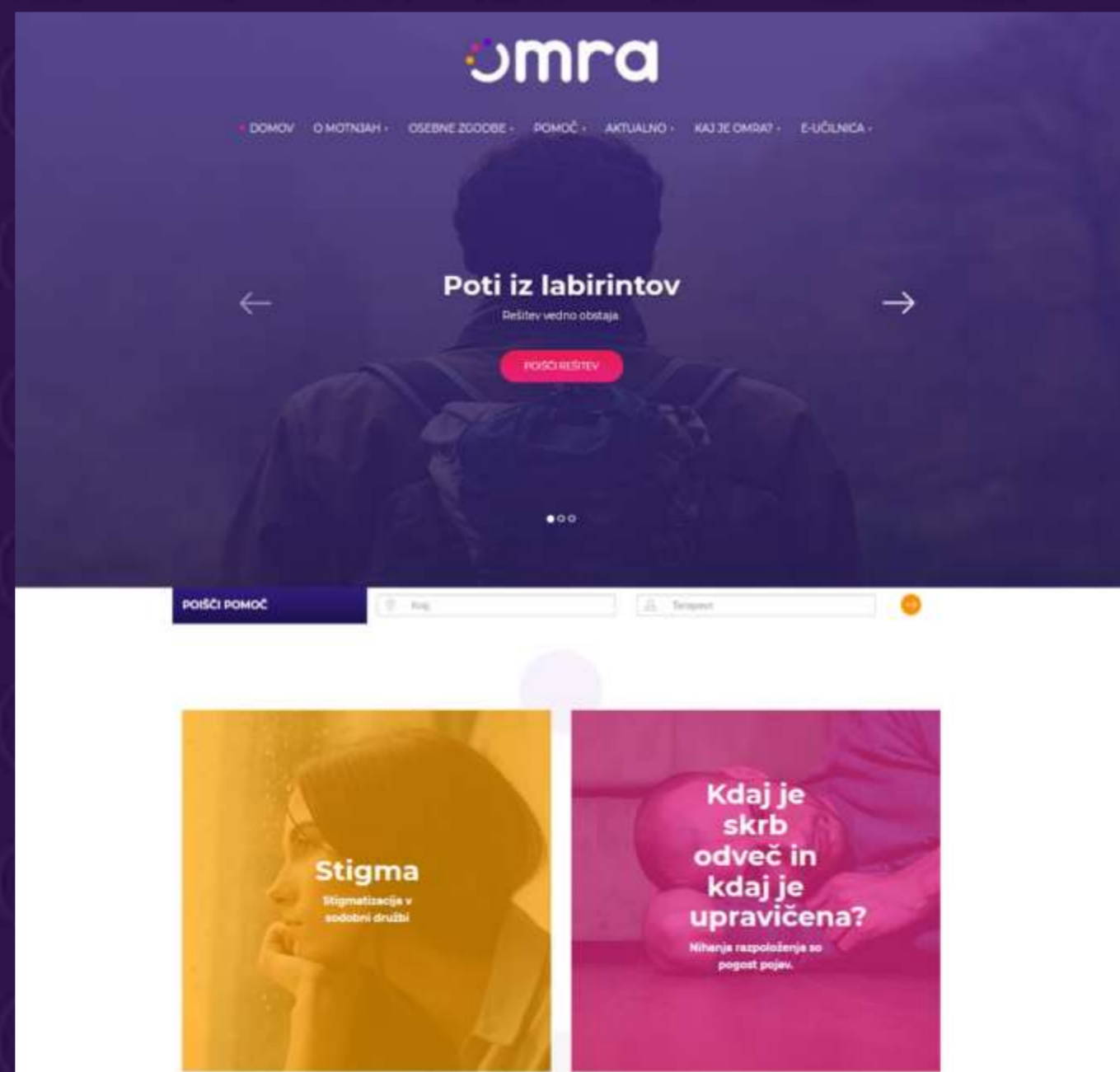
INNOVATIVE MENTAL HEALTH LITERACY PROGRAMME FOR PREVENTING AND COPING WITH MOOD DISORDERS (Platform OMRA)

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Emerging research shows that mental health literacy programs can increase knowledge, reduce stigma, and improve public health indicators. In this respect, an innovative mental health literacy programme (Platform OMRA) was implemented in Slovenia, designed to increase the level of mood disorders literacy in different population groups due to better accessibility to various information associated with early identification of mood disorders and available types of (self)help.



A comprehensive platform OMRA consists of freely accessibly pictorial and written **website material** (descriptions of the most common mood disorders like anxiety, depression, bipolar mood disorder; risk and protective factors; help search engine; e-classroom with self-assessment of literacy level on mood disorders and (self)stigma), **printed manuals for identifying and coping with mood disorders**, **local stakeholders' networks** for providing information on mental health within different Slovenian regions and **training courses** tailored for various vulnerable target groups (elderly, rural population, Roma etc.).



Platform OMRA is the first Slovenian comprehensive mental health literacy programme.



Its future ambition is upgrading with further mental disorders and thus reducing unfavourable indicators of health inequalities perceived in Slovenia at regional level.



The level of mental health literacy can be improved with different educational approaches and techniques facilitating reduced self(stigma) and encouraging timely help-seeking.

Programme Partners:



Programme website: www.omra.si

The programme „With raised mental health literacy to better managing of mood disorders“ (acr. OMRA) is co-funded by the Ministry of Health of the Republic of Slovenia.



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